



LITTLE HANDS, BIG PLATE

Baby Led Weaning

Evelyne Bergevin, Marie-Ève Richard and Annie Talbot

A new revised and expanded edition of this dietary approach in which babies feed themselves, without going through the mashed food stage.

288 pages

May 2022

Éditions de l'Homme

> Over 20,000 copies of the previous edition sold in French

With baby led weaning (BLW), we say #byebyepurees! As soon as solids are introduced, babies eat foods cut into pieces for them, on their own, without help. They feed themselves at the table at the same time as other members of the family and share the same balanced meals. Infants thus develop their abilities at their own speed and learn to recognize when they are hungry and when they are full. With this approach and the active participation of those around them, babies adopt healthy food habits they can maintain throughout life. This guide will assist parents, families, friends, early childhood educators and healthcare professionals in the great BLW adventure by answering a range of questions, including:

- What are the advantages and fears associated with BLW?
- What are the different stages of BLW?
- How do you limit the risk of choking?
- How do you offer a balanced diet?
- What are the medical issues to watch out for?

This new edition of the 2016 best-seller paints the most complete picture possible of BLW and takes stock of current knowledge. It includes all the elements essential to a thorough understanding of this approach, as well as a variety of information on infant diet and development. More than just a technique, it's a comprehensive approach centred on baby's self-sufficiency!

STRONG POINTS

- A new format and refreshed layout, in colour.
- An additional 48 pages providing for a complete update of this best-selling method.
- 30 photos illustrating 60 delicious recipes, and useful material to make it easier to implement BLW.

Subjects: infant, diet, family life, childhood, BLW

Marie-Ève Richard, Annie Talbot and Evelyne Bergevin are dietician-nutritionist graduates of the Université de Montreal and members of the Ordre des diététistes-nutritionnistes du Québec. Working in areas of complementary practice, they are all part of the Byebyepurées team, founded by Evelyne and Marie-Ève, which offers an array of nutritional services, notably online workshops, as well as pre-recorded online training in BLW. Evelyne has used BLW with her son and has assisted a number of families in following this approach. Annie has a medical degree from the Université de Montreal and practises family medicine. With over 30,000 followers on their Facebook page, the authors offer dynamic support to families.